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THE PERSONAL SERVICE LEAGUE

PATRONESS: H.M. QUEEN MARY

KNITTED GARMENTS
AND
HOSPITAL COMFORTS
for H. M. FORCES

Comprising instructions for the approved patterns of the Admiralty; the official patterns of the War Office and the Air Ministry; and the British Red Cross Official patterns for Hospital Comforts.

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GARMENTS FOR THE ROYAL NAVY AND MINESWEEPERS

(See illustrations on pages 3, 7, 13 and 19).

BALACLAVA HELMET—
See Fig. 1A, page 3. *Also suitable
for the Army and Royal Air Force.*

Materials:—4 ozs. P.S.L. Double
Knitting. Four No. 7 Knitting
Needles, with points at both ends.
Tension:—6 stitches to the inch
in width (measured flat).

Recipe:—Cast on 96 stitches, 36
on the first needle and 30 on each of
the second and third needles.

1st round.—* K. 3, P. 3, repeat
from * to the end of the round.
Repeat this round for 6 inches.

In the next round K. 3, cast off 21
stitches (this makes opening for the
face), (K. 3, P. 3) twelve times, K. 3.
Work backwards and forwards in rows
on remaining 75 stitches as follows:—

1st row.—K. 1, P. 2, * K. 3, P. 3,
repeat from * to the last 6 stitches,
K. 3, P. 2, K. 1.

2nd row.—* K. 3, P. 3, repeat from *
to the last 3 stitches, K. 3.

Repeat the 1st and 2nd rows five
times, casting on 21 stitches at the
end of last row. Divide the stitches
on to three needles as before.

Continue working in rounds in rib of
(K. 3, P. 3) for 4 inches, decreasing
one stitch at the end of the last round.
Shape for the crown as follows:—

1st round.—* K. 17, K. 2 tog.,
repeat from * to the end of the round.

2nd & alternate rounds.—Knit plain.

3rd round.—* K. 16, K. 2 tog.,
repeat from * to the end of the round.

5th round.—* K. 15, K. 2 tog.,
repeat from * to the end of the round.

Continue in this manner, decreasing
in every alternate round until 20
stitches remain. Break off the wool,
run the end through the remaining
stitches, draw up and fasten off
securely. With a damp cloth and
hot iron press carefully.

STEERING GLOVES—See Fig.
1B, page 3.

Materials:—4 ozs. P.S.L. Double
Knitting. Four No. 10 Knitting
Needles, with points at both ends.

Tension:—7 stitches to the inch
in width.

Recipe:—Cast on 56 stitches, 20 on
each of the first and second needles
and 16 on the third.

1st round.—* K. 2, P. 2, repeat
from * to the end of the round.

Repeat this round for 4 inches.

Proceed as follows:—

1st round.—P. 1, increase once in
the next stitch, K. 1, increase once
in the next stitch, K. 1, P. 1, knit
plain to the end of the round.

2nd and 3rd rounds.—P. 1, K. 6,
P. 1, knit plain to the end of the
round (the purled stitches mark the
gusset for the Thumb).

4th round.—P. 1, increase once in
the next stitch, K. 3, increase once
in the next stitch, K. 1, P. 1, knit
plain to the end of the round.

Continue increasing two stitches
between the two purled stitches in
every following 3rd round, until there
are 16 stitches between the two
purled stitches.

Still keeping the two purled stitches,
work 14 rounds without shaping.

In the next round K. 1, cast on 4
stitches, slip the next 16 stitches on
to a thread, knit plain to the end of
the round. Work 18 rounds in plain
knitting. Proceed as follows:—

1st round.—* K. 6, K. 2 tog.,
repeat from * to the end of the round.

Work 5 rounds in plain knitting.

7th round.—* K. 5, K. 2 tog.,
repeat from * to the end of the round.

Work 4 rounds in plain knitting.

12th round.—* K. 4, K. 2 tog.,
repeat from * to the end of the round.

Work 3 rounds in plain knitting.

16th round.—* K. 1, K. 2 tog.,
repeat from * to the last 2 stitches of
the round, K. 2.

Work 3 rounds in plain knitting.

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Fig. 1.—A, Balaclava Helmet, p. 2; B, Steering Gloves, p. 2; C, Gloves, p. 4; D, Double Scarf, p. 5.

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20th round.—* K. 2 tog., repeat from * to the end of the round.

Break off the wool, run the end through the remaining stitches, draw up and fasten off securely.

The Thumb.—Knit the 16 stitches which were left for the Thumb and knit up 4 stitches from the 4 cast-on stitches. Divide these stitches evenly on to three needles.

Work 15 rounds in plain knitting.

16th round.—* K. 3, K. 2 tog., repeat from * to the end of the round.

17th and 18th rounds.—Knit plain.

19th round.—* K. 2 tog., repeat from * to the end of the round.

20th round.—Knit plain.

Break off the wool, run the end through the remaining stitches, draw up and fasten off securely.

Work another Glove in the same manner. With a damp cloth and hot iron press carefully.

GLOVES—See Fig. 1C, page 3. Also suitable for the Army.

Materials:—4 ozs. P.S.L. Double Knitting. Four No. 10 Knitting Needles, with points at both ends.

Tension:—7 stitches to the inch in width.

Recipe:—Right-Hand Glove.—

Cast on 56 stitches, 20 on each of two needles and 16 on the third.

1st round.—* K. 1, P. 1, repeat from * to the end of the round.

Repeat this round until the work measures $3\frac{1}{2}$ inches from the commencement, increasing 2 stitches in the last round. Proceed as follows:—

1st round.—P. 1, K. 5, P. 1, knit plain to the end of the round.

Repeat this round twice (the purled stitches mark gusset for Thumb).

4th round.—P. 1, increase once in the next stitch, K. 2, increase once in the next stitch, K. 1, P. 1, knit plain to the end of the round.

5th round.—P. 1, K. 7, P. 1, knit plain to the end of the round.

Repeat this round four times.

Increase two stitches between the two purled stitches in the next and every following 6th round until there are 13 stitches between the purled

stitches. Work 6 rounds without shaping, casting on 3 stitches at the end of the last round.

In the next round slip the first 15 stitches on to a thread for the Thumb, continue the round in plain knitting. Work 13 rounds without shaping.

First Finger.—Knit the first 5 stitches, slip all but the last 11 stitches on to a thread, cast on 2 stitches and knit the last 11 stitches. Divide these 18 stitches evenly on to three needles.

Work 26 rounds in plain knitting.

27th round.—(K. 2 tog.) nine times. Break off the wool. Run the end through the remaining stitches, draw up and fasten off securely.

Second Finger. Knit the next 7 stitches of the round, cast on 2 stitches, knit the last 7 stitches of the round and knit up 3 stitches at base of First Finger. Divide these 19 stitches evenly on to three needles.

Work 30 rounds in plain knitting.

31st round.—(K. 2 tog.) nine times, K. 1. Finish off as given for First Finger.

Third Finger.—Knit the next 7 stitches of the round, cast on 2 stitches, knit the last 7 stitches of the round and knit up 2 stitches at the base of the Second Finger.

Divide these 18 stitches evenly on to three needles. Continue and finish off as given for the First Finger.

Fourth Finger.—Knit the remaining stitches and knit up 4 stitches at the base of the Third Finger.

Divide these 14 stitches evenly on to three needles.

Work 19 rounds in plain knitting.

20th round.—(K. 2 tog.) seven times. Finish off as given for the First Finger.

The Thumb.—Knit the 15 stitches which were left for the Thumb and knit up 4 stitches from the opening. Divide these stitches evenly on to three needles.

Work 21 rounds in plain knitting.

22nd round.—(K. 2 tog.) nine times, K. 1. Finish off as given for First Finger.

Left-Hand Glove.—Work as given for the Right-Hand Glove until the Fingers are reached.

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First Finger.—Knit the first 11 stitches, slip all but the last 5 on to a thread, cast on 2 stitches and knit the last 5 stitches.

Work the remainder of the Glove as given for the Right-Hand Glove, but commencing at the back to knit up stitches for the Fingers. With a damp cloth and hot iron press carefully.

DOUBLE SCARF—See Fig. 1D, page 3. *Also suitable for the Army.*

Materials:—11 ozs. P.S.L. Double Knitting. Four No. 6 Knitting Needles, with points at both ends.

Actual Measurements:—Length, 48 ins. Width, 9½ ins.

Tension:—5 stitches to the inch in width.

Recipe:—Cast on 90 stitches, 30 on each of three needles.

1st round.—* K. 1, P. 1, repeat from * to the end of the round. Repeat this round thirteen times.

15th round.—Knit plain. Repeat the 15th round until the work measures 46 inches from the commencement. Work 14 rounds in rib of (K. 1, P. 1). Cast off. With a damp cloth and hot iron press carefully. Sew up the ends.

POLO-NECK PULL-OVER (with long and three-quarter sleeves)—See Fig. 2A, page 7. *Also suitable for the Royal Air Force.*

Materials:—1 lb. 5 ozs., Long Sleeves (1 lb. 3 ozs., Three-quarter Sleeves), P.S.L. Double Knitting. Two No. 7 and two No. 9 Knitting Needles.

Actual Measurements:—Length, from top of shoulder, 25 ins. Width all round at under-arm, 40 ins. Length of long sleeve from under-arm, 18½ ins. Length of three-quarter sleeve from under-arm, 11 ins.

Tension:—5½ stitches to the inch in width, measured over the plain, smooth fabric.

The Front.—Using the No. 9 Needles, cast on 104 stitches.

1st row.—K. 2, * P. 1, K. 1, repeat from * to the end of the row.

Repeat this row twenty-three times. Using the No. 7 Needles, proceed as

follows:— **1st row.**—Knit plain. **2nd row.**—K. 1, purl to the last stitch, K. 1.

Repeat these two rows until the work measures 16 inches from the commencement, ending with a purl row. Cast off 6 stitches at the beginning of each of the next two rows.

Decrease once at each end of the needle in the next and every alternate row until 78 stitches remain.

Work 29 rows without shaping.

In the next row K. 33, turn.

Work on these 33 stitches as follows:—

1st row.—K. 1, purl to the last stitch, K. 1.

2nd row.—Knit plain to the last 3 stitches, K. 2 tog., K. 1.

3rd row.—K. 1, P. 2 tog., purl to the last stitch, K. 1.

Repeat the 2nd and 3rd rows once, the 2nd row once, then the 1st and 2nd rows twice.

Work 8 rows without shaping.

Shape for the shoulder as follows:—

1st row.—K. 1, purl to the last 9 stitches, turn. **2nd row.**—Knit plain.

3rd row.—K. 1, purl to the last 18 stitches, turn.

4th row.—Knit plain. Cast off.

Slip the first 12 stitches on to a stitch-holder. Join in wool and work on remaining 33 stitches as follows:—

1st row.—Knit plain.

2nd row.—K. 1, purl to the last stitch, K. 1.

3rd row.—K. 1, K. 2 tog., knit plain to the end of the row.

4th row.—K. 1, purl to the last 3 stitches, P. 2 tog., K. 1.

Repeat the 3rd and 4th rows once, the 3rd row once, then the 2nd and 3rd rows twice.

Work 7 rows without shaping.

Shape for the shoulder as follows:—

1st row.—Knit plain to the last 9 stitches, turn.

2nd and 4th rows.—Purl to the last stitch, K. 1.

3rd row.—Knit plain to the last 18 stitches, turn.

5th row.—Knit plain to end of the row. Cast off.

The Back.—Using the No. 9 Needles, cast on 104 stitches.

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Work exactly as given for the Front, until the decreases at the arm-hole have been worked.

Work 47 rows without shaping.

Shape for the shoulders as follows:

1st row.—Knit plain to the last 9 stitches, turn.

2nd row.—Purl to last 9 stitches, turn.

3rd row.—Knit plain to the last 18 stitches, turn.

4th row.—Purl to the last 18 stitches, turn.

5th row.—Knit plain to the last 26 stitches, turn.

6th row.—Purl to the last 26 stitches, turn.

7th row.—Knit plain to end of row.

8th row.—Cast off 26 stitches, P. 26, cast off 26 stitches.

Sew up the Right Shoulder Seam.

The Collar.—Using the No. 7 Needles, with the right side of the work facing, join in the wool and knit up 24 stitches evenly along the left side of the neck; (P. 1, K. 1) six times across the stitches of the Front; knit up 24 stitches evenly along the right side of the neck and (P. 1, K. 1) thirteen times across the stitches of the Back (there should now be 86 stitches on the needle).

1st row.—K. 2, * P. 1, K. 1, repeat from * to end of row. Repeat this row for 6 inches. Cast off loosely.

The Long Sleeves.—Using the No. 9 Needles, cast on 50 stitches.

1st row.—K. 2, * P. 1, K. 1, repeat from * to the end of the row.

Repeat this row for 4 inches. Using the No. 7 Needles, proceed as follows:

1st row.—K. 3, * increase once in the next stitch, K. 5, repeat from * to the last 5 stitches, increase once in the next stitch, K. 4 (there should now be 58 stitches on the needle).

2nd row.—K. 1, purl to the last stitch, K. 1.

3rd row.—Knit plain.

Repeat the 2nd and 3rd rows four times, then the 2nd row once.

Continue in plain, smooth fabric, increasing once at each end of the needle in the next and every following 8th row until there are 76 stitches on the needle.

Continue without shaping until work measures 18 inches from commencement, ending with a purl row.

Cast off 1 stitch at the beginning of every row until 54 stitches remain, then cast off 2 stitches at the beginning of every row until 26 stitches remain. Cast off.

Work another long Sleeve in the same manner.

The Three-quarter Sleeves.—Using the No. 9 Needles, cast on 62 stitches.

1st row.—K. 2, * P. 1, K. 1, repeat from * to the end of the row.

Repeat this row five times.

Using the No. 7 Needles, proceed as follows:

1st row.—Knit plain.

2nd row.—K. 1, purl to the last stitch, K. 1.

Continue in plain, smooth fabric, increasing once at each end of the needle in the next and every following 8th row, until there are 76 stitches on the needle. Continue without shaping until the work measures 11 inches from the commencement, ending with a purl row.

Cast off as given for the Long Sleeves.

Work another Three-quarter Sleeve in the same manner.

To make up the Pull-over.—With a damp cloth and hot iron press carefully. Sew up the shoulder, collar, side and sleeve seams. Sew in the Sleeves, placing seam to seam.

WRISTLETS — See Fig. 2C, page 7. Also suitable for the Army.

Materials:—2 ozs. P.S.L. Double Knitting. Four No. 10 Knitting Needles, with points at both ends.

Tension:—7½ stitches to the inch in width (measured flat).

Recipe:—Cast on 56 stitches, 20 on each of two needles and 16 on third.

1st round.—* K. 2, P. 2, repeat from * to the end of the round.

Repeat this round until the work measures 5 inches from the commencement. Cast off.

Work another Wristlet in the same manner. With a damp cloth and hot iron press carefully.

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Fig. 2.— A, Polo-neck Pull-over (with long and three-quarter sleeves), p. 5; B, Over-socks, p. 20; C, Wristlets, p. 6; D, Seaboot Stockings, p. 8.

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SEABOOT STOCKINGS—See Fig. 2D, page 7.

Materials:—14 ozs. Oily Wool.

Four No. 10 Knitting Needles, with points at both ends.

Tension:— $5\frac{1}{2}$ stitches to the inch in width.

Abbreviations:—K.=Knit plain; P.=Purl; tog.=together; p.s.s.o.=pass slip stitch over; t.b.l.=through the back of the loops.

It is advisable to use a cloth to protect the clothing when knitting Oily Wool.

Recipe:—Cast on 82 stitches loosely, 28 on each of the first and second needles and 26 on the third needle.

Work 29 rounds in rib of (K. 1, P. 1), decreasing one stitch at the end of the last round. Proceed as follows:—

1st round.—* K. 6, K. 2 tog., K. 5, repeat from * to the last 3 stitches of the round, K. 2, P. 1.

2nd round.—Work in plain knitting to last stitch, on third needle, P. 1. Repeat 2nd round twenty-one times.

24th round.—* K. 6, K. 2 tog., K. 4, repeat from * to the last 3 stitches of the round, K. 2, P. 1.

Repeat the 2nd round twenty-two times, also after the 47th round.

47th round.—* K. 6, K. 2 tog., K. 3, repeat from * to last 3 stitches, K. 2, P. 1.

****70th round.**—K. 1, K. 2 tog., knit plain to the last 4 stitches of the round, K. 2 tog.t.b.l., K. 1, P. 1.

71st round.—Work in plain knitting to last stitch of third needle, P. 1.

Repeat the 71st round six times **. Repeat from ** to ** six times, then the 70th round once.

Work 30 rounds in plain knitting without shaping (still keeping the purled stitch at the centre back).

In the next round, knit plain to the last 2 stitches of third needle, K. 2 tog.

To commence the heel, K. 10; slip the last 10 stitches of the round on to the other end of the same needle (these 20 stitches are for the heel). Divide the remaining 26 stitches on to two needles and leave for the instep.

Work 21 rows on the heel stitches in alternate rows of purl and plain (always slipping the first and knitting the last stitch in every row).

To turn the heel, K. 13, slip 1, K. 1 p.s.s.o., turn, * P. 7, P. 2 tog., turn; K. 7, slip 1, K. 1, p.s.s.o., turn, repeat from * until all the stitches are worked on to one row again; knit back 4 stitches (thus completing the heel). Slip all the instep stitches on to one needle.

Taking another needle, knit the remaining 4 stitches of the heel and knit up 14 stitches from the side of the heel; with a second needle, knit plain across the instep stitches; with a third needle, knit up 14 stitches from the side of the heel and the remaining 4 stitches of the heel.

Knit 2 rounds without shaping.

In the next round, knit plain to the last 4 stitches of the first needle, K. 2 tog., K. 2; knit plain on the second needle; on the third needle, K. 2, K. 2 tog.t.b.l., knit plain to the end of the needle. Repeat the last 3 rounds until 12 stitches remain on the first and third needles.

Continue without shaping until foot measures (from where stitches were knitted up at the side of the heel):—

7½ inches for an 11-inch foot.

8 inches for an 11½-inch foot.

8½ inches for a 12-inch foot.

Shape for the toe as follows:—

1st round.—Knit plain to the last 3 stitches of the first needle, K. 2 tog., K. 1; on the second needle, K. 1, K. 2 tog.t.b.l., knit plain to the last 3 stitches, K. 2 tog., K. 1; on the third needle, K. 1, K. 2 tog.t.b.l., knit plain to the end of the needle.

2nd round.—Knit plain.

Repeat these two rounds until 22 stitches remain in the round. In the next round, work the first needle without shaping; on the second needle K. 1, K. 2 tog.t.b.l., knit plain to the last 3 stitches, K. 2 tog., K. 1. Slip the stitches of the third needle on to the end of the first needle. Graft the toe stitches.

Work another Stocking in the same manner. With a damp cloth and hot iron press carefully.

PULL-OVER, V Neck (with long and three-quarter sleeves)—See

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Fig. 3D, page 13. *Also suitable for the Royal Air force.*

Materials:—1 lb. 1 oz., Long Sleeves (15 ozs., Three-quarter Sleeves), P.S.L., Double Knitting. Two No. 7 and two No. 9 Knitting Needles.

Actual Measurements:—Length from top of shoulder, 24 ins. Width all round at under-arm, 36 ins. Length of long sleeve from under-arm, 18 ins. Length of three-quarter sleeve from under-arm, 10½ ins.

Tension:—5½ stitches to the inch in width, measured over the plain, smooth fabric.

Recipe:—**The Front.**—Using the No. 9 Needles, cast on 94 stitches.

1st row.—K. 2, * P. 1, K. 1, repeat from * to the end of the row.

Repeat this row twenty-three times. Using the No. 7 Needles, proceed as follows:—

1st row.—Knit plain.

2nd row.—K. 1, purl to the last stitch, K. 1.

Repeat the 1st and 2nd rows until the work measures 16 inches from the commencement, ending with the 2nd row. Proceed as follows:—

1st row.—Cast off 5 stitches, K. 34, (K. 1, P. 1) seven times, increase once in the next stitch, K. 40.

2nd row.—Cast off 5 stitches, K. 1, P. 33, (P. 1, K. 1) eight times, P. 34, K. 1.

3rd row.—K. 1, K. 2 tog., K. 31, (K. 1, P. 1) eight times, K. 32, K. 2 tog., K. 1.

4th row.—K. 1, P. 32, (P. 1, K. 1) eight times, P. 33, K. 1.

5th row.—K. 1, K. 2 tog., K. 30, (K. 1, P. 1) eight times, K. 31, K. 2 tog., K. 1.

6th row.—K. 1, P. 31, (P. 1, K. 1) eight times, P. 32, K. 1.

7th row.—K. 1, K. 2 tog., K. 29, (K. 1, P. 1) eight times, K. 30, K. 2 tog., K. 1.

8th row.—K. 1, P. 30, (P. 1, K. 1) eight times, P. 31, K. 1.

9th row.—K. 1, K. 2 tog., K. 28, (K. 1, P. 1) three times, K. 2, turn.

Work on these 38 stitches as follows:—

1st row.—(K. 1, P. 1) four times, purl to the last stitch, K. 1.

2nd row.—K. 1, K. 2 tog., knit plain to the last 8 stitches, (K. 1, P. 1) three times, K. 2.

Repeat the 1st and 2nd rows once, then the 1st row once.

Continue in plain, smooth fabric, decreasing once at the neck edge (inside the border) in the next and every following 6th row until 29 stitches remain.

Work 4 rows without shaping.

Shape for the shoulder as follows:—

1st row.—(K. 1, P. 1) four times, purl to the last 7 stitches, turn.

2nd and 4th rows.—Knit plain to the last 8 stitches, (K. 1, P. 1) three times, K. 2.

3rd row.—(K. 1, P. 1) four times, purl to the last 14 stitches, turn.

5th row.—(K. 1, P. 1) four times, turn.

6th row.—(K. 1, P. 1) three times, K. 2.

7th row.—(K. 1, P. 1) four times, purl to the last stitch, K. 1.

8th row.—Cast off 21 stitches, (K. 1, P. 1) three times, K. 2.

Work 2 inches in rib on the remaining 8 stitches. Cast off.

Join in the wool at the neck edge and work on the remaining 40 stitches as follows:—

1st row.—K. 2 tog., (K. 1, P. 1) three times, knit plain to the last 3 stitches, K. 2 tog., K. 1.

2nd row.—K. 1, purl to the last 8 stitches, (P. 1, K. 1) four times.

3rd row.—K. 2, (P. 1, K. 1) three times, knit plain to the last 3 stitches, K. 2 tog., K. 1.

Repeat the 2nd and 3rd rows once, then the 2nd row once.

Continue in plain, smooth fabric, decreasing once (inside the border) at the neck edge in the next and every following 6th row until 29 stitches remain.

Work 3 rows without shaping.

Shape for the shoulder as follows:—

1st row.—K. 2, (P. 1, K. 1) three times, knit plain to the last 7 stitches, turn.

2nd and 4th rows.—Purl to the last 8 stitches, (P. 1, K. 1) four times.

3rd row.—K. 2, (P. 1, K. 1) three

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times, knit plain to the last 14 stitches, turn.

5th row.—K. 2, (P. 1, K. 1) three times, turn.

6th row.—(P. 1, K. 1) four times.

7th row.—K. 2, (P. 1, K. 1) three times, knit plain to end of row.

8th row.—Cast off 21 stitches, (P. 1, K. 1) four times.

Work 2 inches in rib on the remaining 8 stitches. Cast off.

The Back.—Using the No. 9 Needles, cast on 94 stitches.

Work exactly as given for the Front, until the cast-off stitches at the under-arm are reached.

Cast off 5 stitches at the beginning of each of the next two rows.

Decrease once at each end of the needle in the next and every alternate row until 72 stitches remain.

Work 41 rows without shaping.

Shape for the shoulders as follows:—

1st row.—Knit plain to the last 7 stitches, turn.

2nd row.—Purl to the last 7 stitches, turn.

3rd row.—Knit plain to the last 14 stitches, turn.

4th row.—Purl to the last 14 stitches, turn.

5th row.—Knit plain to the last 21 stitches, turn.

6th row.—Purl to the last 21 stitches, turn.

7th row.—(K. 2 tog., K. 3) six times, K. 21. Cast off.

The Long Sleeves.—Using the No. 9 Needles, cast on 48 stitches.

1st row.—K. 2, * P. 1, K. 1, repeat from * to the end of the row.

Repeat this row twenty-five times.

Using the No. 7 Needles, proceed as follows:—

1st row.—K. 4, * increase once in the next stitch, K. 7, repeat from * to the last 4 stitches, increase once in the next stitch, K. 3 (there should now be 54 stitches on the needle).

2nd row.—K. 1, purl to the last stitch, K. 1.

3rd row.—Knit plain.

Repeat the 2nd and 3rd rows four times, then the 2nd row once.

Continue in plain, smooth fabric,

increasing once at each end of the needle in the next and every following 8th row, until there are 74 stitches on the needle. Continue without shaping until the work measures 18 inches from the commencement, ending with a purl row.

Cast off 1 stitch at the beginning of every row until 60 stitches remain, then cast off 2 stitches at the beginning of every row until 24 stitches remain. Cast off. Work another Long Sleeve in the same manner.

The Three-quarter Sleeves.—Using the No. 9 Needles, cast on 60 stitches.

1st row.—K. 2, * P. 1, K. 1, repeat from * to the end of the row.

Repeat this row five times. Using the No. 7 Needles, proceed as follows:—

1st row.—Knit plain.

2nd row.—K. 1, purl to the last stitch, K. 1.

Continue in plain, smooth fabric, increasing once at each end of the needle in the next and every following 8th row, until there are 74 stitches on the needle. Continue without shaping until the work measures 10½ inches from the commencement, ending with a purl row.

Cast off as given for the Long Sleeves. Work another Three-quarter Sleeve in the same manner.

To make up the Pull-over.—With a damp cloth and hot iron press carefully. Sew up the side, shoulder and sleeve seams. Sew in the sleeves, placing seam to seam. Sew together the first two ridges of the neck opening. Join together the bands from the fronts and sew to the back of the neck.

MITTENS.—See Fig. 4D, page 19. *Also suitable for the Army.*

Materials:—3 ozs. P.S.L. Double Knitting. Four No. 10 Knitting Needles, with points at both ends.

Tension:—7 stitches to the inch in width.

Recipe:—Cast on 48 stitches, 16 on each of three needles.

1st round.—* K. 2, P. 2, repeat from * to the end of the round.

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Repeat this round until the work measures $3\frac{1}{2}$ inches from the commencement. Work 10 rounds in plain knitting. Proceed as follows:—

1st round.—P. 1, increase once in the next stitch, K. 1, increase once in the next stitch, K. 1, P. 1, knit plain to the end of the round.

2nd round.—P. 1, K. 6, P. 1, knit plain to the end of the round (the purled stitches mark the gusset for Thumb). Repeat 2nd round twice.

5th round.—P. 1, increase once in next stitch, K. 3, increase once in next stitch, K. 1, P. 1, knit plain to end of round. Increase two stitches between the two purled stitches in every following 4th round until there are 14

stitches between the purled stitches.

Repeat the 2nd round three times.

In the next round K. 1, cast on 4 stitches, slip the next 14 stitches on to a thread and leave for the Thumb, knit plain to the end of the round.

Work 8 rounds in plain knitting, then 8 rounds in rib of (K. 2, P. 2).

Cast off loosely.

The Thumb.—Knit the 14 stitches which were left for Thumb and knit up 6 stitches from opening. Divide these stitches evenly on to three needles.

Work 4 rounds in plain knitting, then 5 rounds in rib of (K. 2, P. 2).

Cast off loosely. Work another Mitten in the same manner. With a damp cloth and hot iron press carefully.

GARMENTS FOR H.M. ARMY

(See illustrations on pages 3, 7, 13 and 19).

CARDIGAN.—See Fig. 3A, page 13.

Materials.—15 ozs. P.S.L. Fingering, 4-ply. Two No. 9 and two No. 12 Knitting Needles. Five Buttons.

Actual Measurements.—Length from top of shoulder, 22 ins. Width all round at under-arm, 38 ins. Length of sleeve from under-arm, $18\frac{1}{2}$ ins.

Tension.— $6\frac{1}{2}$ stitches to the inch in width, measured over the (broad rib).

Recipe.—**The Left Front.**—Using the No. 9 Needles, cast on 66 stitches.

1st row.—* K. 1, P. 1, repeat from * to the last 2 stitches, K. 2.

Repeat this row once.

3rd row.—* K. 1, P. 1, repeat from * to the last 6 stitches, cast off 2 stitches, K. 1, P. 1, K. 2.

4th row.—(K. 1, P. 1) twice, cast on 2 stitches (thus forming a button-hole), * K. 1, P. 1, repeat from * to the last 2 stitches, K. 2. Repeat the 1st row four times, increasing one stitch at the end of the last row.

9th row.—K. 1, * K. 3, P. 1, repeat from * to the last 10 stitches, (K. 1, P. 1) four times, K. 2.

10th row.—(K. 1, P. 1) five times,

purl to the last stitch, K. 1. Repeat the 9th and 10th rows ten times.

31st row.—K. 1, * K. 3, P. 1, repeat from * to the last 10 stitches, (K. 1, P. 1) twice, cast off 2 stitches, K. 1, P. 1, K. 2.

32nd row.—(K. 1, P. 1) twice, cast on 2 stitches, (K. 1, P. 1) twice, purl to the last stitch, K. 1. Repeat the 9th and 10th rows six times.

45th row.—K. 4, P. 1, K. 3, (P. 1, K. 1) fourteen times, P. 1, (K. 3, P. 1) five times, (K. 1, P. 1) four times, K. 2.

46th row.—(K. 1, P. 1) five times, P. 20, (K. 1, P. 1) fourteen times, K. 1, P. 7, K. 1. Repeat the 45th and 46th rows once, then the 45th row once.

50th row.—(K. 1, P. 1) five times, P. 20, cast off 29 stitches, P. 7, K. 1. Leave these stitches on a spare needle until the Pocket has been worked.

The Pocket.—Using the No. 9 Needles, cast on 29 stitches.

1st row.—K. 1, * K. 3, P. 1, repeat from * to the last 4 stitches, K. 4.

2nd row.—K. 1, purl to the last stitch, K. 1. Repeat the 1st and 2nd rows twenty times.

Commencing again on the stitches of the Front, work across the row,

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working across the Pocket stitches in place of the cast-off stitches.

Proceed as follows:—

***1st row.**—(K. 1, P. 1) five times, purl to the last stitch, K. 1.

2nd row.—K. 1, * K. 3, P. 1, repeat from * to the last 10 stitches, (K. 1, P. 1) four times, K. 2.

Repeat the 1st and 2nd rows twice, then the 1st row once.

8th row.—K. 1, * K. 3, P. 1, repeat from * to the last 10 stitches, (K. 1, P. 1) twice, cast off 2 stitches. K. 1, P. 1, K. 2.

9th row.—(K. 1, P. 1) twice, cast on 2 stitches, (K. 1, P. 1) twice, purl to the last stitch, K. 1.

Repeat the 2nd row once, then the 1st and 2nd rows nine times **.

Repeat from ** to ** once, then from ** to the 9th row once.

Continue in pattern, decreasing once at the front edge (inside the border) in the next and the following 6th row. Work 3 rows without shaping.

In the next row cast off 6 stitches, work in pattern to the last 10 stitches, (K. 1, P. 1) four times, K. 2.

In the following row (K. 1, P. 1) five times, purl to the last stitch, K. 1.

Decrease once at the arm-hole edge in the next and every alternate row, whilst at the same time, decreasing once at the front edge (inside the border) in the next and every following 6th row until 45 stitches remain. Continue decreasing at the front edge in every 6th row until 39 stitches remain. Work 4 rows without shaping. Shape for the shoulder as follows:—

1st row.—(K. 1, P. 1) five times, purl to the last 7 stitches, turn.

2nd row.—K. 1, (P. 1, K. 3) four times, P. 1, K. 2, K. 2 tog., (K. 1, P. 1) four times, K. 2.

3rd row.—(K. 1, P. 1) five times, purl to the last 14 stitches, turn.

4th row.—K. 2, (P. 1, K. 3) three times, (K. 1, P. 1) four times, K. 2.

5th row.—(K. 1, P. 1) five times, purl to the last 21 stitches, turn.

6th row.—K. 3, P. 1, K. 3, (K. 1, P. 1) four times, K. 2.

7th row.—(K. 1, P. 1) five times, turn.

8th row.—(K. 1, P. 1) four times, K. 2.

9th row.—(K. 1, P. 1) five times, purl to the last stitch, K. 1.

10th row.—Cast off 28 stitches, (K. 1, P. 1) four times, K. 2.

Work 2 inches in rib on the remaining 10 stitches. Cast off.

THE RIGHT FRONT.—Using the No. 9 Needles, cast on 66 stitches.

1st row.—K. 2, * P. 1, K. 1, repeat from * to the end of the row.

Repeat this row seven times, increasing one stitch at the beginning of the last row.

9th row.—K. 2, (P. 1, K. 1) four times, * P. 1, K. 3, repeat from * to the last stitch, K. 1.

10th row.—K. 1, purl to the last 10 stitches, (P. 1, K. 1) five times.

Repeat the 9th and 10th rows seven times.

45th row.—K. 2, (P. 1, K. 1) four times, (P. 1, K. 3) five times, (P. 1, K. 1) fourteen times, P. 1, K. 3, P. 1, K. 4.

46th row.—K. 1, P. 7, K. 1, (P. 1, K. 1) fourteen times, P. 20, (P. 1, K. 1) five times. Repeat the 45th and 46th rows once, then the 45th row once.

50th row.—K. 1, P. 7, cast off 29 stitches, P. 20, (P. 1, K. 1) five times. Leave these stitches on a spare needle until Pocket has been worked. Work a Pocket as given for the Left Front. Commencing again on the stitches of the Front, work across the row, working across the Pocket stitches in place of the cast-off stitches.

Keeping a border of 10 stitches in rib at the front edge, work 65 rows in pattern, without shaping.

Decrease once at the front edge (inside the border) in the next and the following 6th row.

Work 4 rows without shaping.

In the next row cast off 6 stitches, K. 1, purl to the last 10 stitches, (P. 1, K. 1) five times.

Still decreasing once at the front edge (inside the border) in the next and every following 6th row, decrease once at the arm-hole edge in the next and every alternate row, until 45 stitches remain. Continue decreasing at the front edge in every 6th row until 39 stitches remain.

GARMENTS FOR H.M. FORCES



Fig. 3.—A, Cardigan, p. 11; B, Socks (light weight), p. 15; C, Socks (heavy weight), p. 15; D, Pull-over, V Neck (with long and three-quarter sleeves), p. 8.

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Work 3 rows without shaping.

Shape for the shoulder as follows:—

1st row.—K. 2, (P. 1, K. 1) four times, (P. 1, K. 3) five times, P. 1, K. 1, turn.

2nd, 4th and 6th rows.—Purl to last 10 stitches, (P. 1, K. 1) five times.

3rd row.—K. 2, (P. 1, K. 1) four times, K. 2 tog., K. 2, (P. 1, K. 3), twice, P. 1, K. 2, turn.

5th row.—K. 2, (P. 1, K. 1) four times, K. 3, P. 1, K. 3, turn.

7th row.—K. 2, (P. 1, K. 1) four times, turn.

8th row.—(P. 1, K. 1) five times.

9th row.—K. 2, (P. 1, K. 1) four times, K. 3, (P. 1, K. 3) six times, K. 1.

10th row.—Cast off 28 stitches, K. 2, (P. 1, K. 1) four times.

Work 2 inches in rib on the remaining 10 stitches. Cast off.

THE BACK.—Using the No. 9 Needles, cast on 120 stitches.

1st row.—K. 2, * P. 1, K. 1, repeat from * to the end of the row.

Repeat this row seven times, increasing one stitch at the beginning of the last row.

9th row.—K. 4, * P. 1, K. 3, repeat from * to the last stitch, K. 1.

10th row.—K. 1, purl to the last stitch, K. 1. Repeat the 9th and 10th rows until the work measures the same as the Front to the underarm, ending with the 10th row.

Cast off 6 stitches at the beginning of each of the next two rows. Continue in pattern, decreasing once at each end of needle in next and every alternate row until 89 stitches remain. Work 39 rows without shaping.

Shape for the shoulders as follows:—

1st row.—Work in pattern to the last 7 stitches, turn.

2nd row.—Purl to last 7 stitches, turn.

3rd row.—Work in pattern to the last 14 stitches, turn.

4th row.—Purl to the last 14 stitches, turn.

5th row.—Work in pattern to the last 21 stitches, turn.

6th row.—Purl to the last 21 stitches, turn.

7th row.—Work in pattern to the last 28 stitches, turn.

8th row.—Purl to the last 28 stitches, turn.

9th row.—Work in pattern to the end of the row. Cast off.

THE SLEEVES.—Using the No. 12 Needles, cast on 54 stitches.

1st row.—K. 2, * P. 1, K. 1, repeat from * to the end of the row.

Repeat this row forty-two times.

44th row.—K. 1, (K. 1, P. 1) twice, K. 1, * increase once in the next stitch, (K. 1, P. 1) three times, increase once in the next stitch, (P. 1, K. 1) three times, repeat from * to the last 6 stitches, increase once in the next stitch, (K. 1, P. 1) twice, K. 1 (there should now be 61 stitches on the needle).

Using the No. 9 Needles, proceed as follows:—

1st row.—K. 1, * K. 3, P. 1, repeat from * to the last 4 stitches, K. 4.

2nd row.—K. 1, purl to last stitch, K. 1. Repeat these two rows four times. Continue in pattern, increasing once at each end of the needle in the next and every following 8th row, until there are 89 stitches on the needle.

Continue without shaping until the work measures 18½ inches from the commencement, ending with the 2nd row. Proceed as follows:—

1st row.—Cast off 2 stitches, work in pattern to the end of the row.

2nd row.—Cast off 2 stitches, purl to the end of the row.

3rd row.—Cast off 1 stitch, work in pattern to the end of the row.

4th row.—Cast off 1 stitch, purl to the end of the row.

Repeat these four rows once.

Cast off 2 stitches at the beginning of every row until 29 stitches remain.

Cast off. Work another Sleeve in the same manner.

To make up the Cardigan.—With a damp cloth and hot iron press carefully. Sew up the side, shoulder and sleeve seams. Sew in the sleeves, placing seam to seam. Sew the pocket linings in position on the wrong side. Join together the bands from the fronts and sew to the back of the neck. Sew on buttons to correspond with button-holes.

GARMENTS FOR U.S. FORCES

SOCKS (light weight), with French Heel and Flat Toe See Fig. 3B, page 13.

Materials:—5 ozs. P.S.L. Fingering, 4-ply. Four No. 12 Knitting Needles, with points at both ends.

Tension:—8½ stitches to the inch in width.

Abbreviations:—K. = Knit plain; P. = Purl; tog. = together; t.b.l. = through the back of the loops.

Recipe:—Cast on 76 stitches, 26 on each of the first and third needles and 24 on the second needle.

1st round.—* K. 2, P. 2, repeat from * to the end of the round. Repeat this round for 4 inches.

Work 2½ inches in plain knitting.

In the next round K. 2 tog., knit plain to the last 2 stitches, K. 2 tog.t.b.l.

Work 7 rounds without shaping.

Repeat the last 8 rounds until 66 stitches remain in the round.

Continue without shaping until the work measures 11 inches from the commencement.

To commence the heel, K. 17, slip the last 17 stitches of the round on to the other end of the same needle (these 34 stitches are for the heel).

Divide the remaining stitches on to two needles and leave for the instep.

Work 29 rows on the heel stitches in alternate rows of purl and plain (always slipping the first and knitting the last stitch in every row).

To turn the heel, K. 22, K. 2 tog., turn; P. 11, P. 2 tog., turn; K. 12, K. 2 tog., turn; P. 13, P. 2 tog., turn; K. 14, K. 2 tog., turn. Continue in this manner until all the heel stitches are worked on to one needle, knit back 11 stitches (thus completing the heel). Slip all the instep stitches on to one needle.

Taking another needle, knit the remaining 11 stitches of the heel and knit up 18 stitches from the side of the heel; with a second needle knit plain across the instep stitches; with a third needle knit up 18 stitches from the side of the heel and the remaining 11 heel stitches.

Decrease for the instep as follows:—

1st round.—Knit plain.

2nd round.—Knit plain to the last 4 stitches of the first needle, K. 2 tog., K. 2; knit the second needle without shaping; on the third needle K. 2, K. 2 tog.t.b.l., knit plain to the end of the needle. Repeat the 1st and 2nd rounds until 18 stitches remain on each of the first and third needles.

Continue without shaping until the foot measures (from where the stitches were knitted up at side of heel):—6½ inches for a 10-inch foot.

7 inches for a 10½-inch foot.

7½ inches for an 11-inch foot.

Slip the last stitch of the first needle on to the beginning of the second needle and the first stitch of third needle on to the end of second needle. Shape for the Toe as follows:—

1st round.—Knit plain to the last 3 stitches of the first needle, K. 2 tog., K. 1; on the second needle, K. 1, K. 2 tog.t.b.l., knit plain to the last 3 stitches, K. 2 tog., K. 1; on the third needle, K. 1, K. 2 tog.t.b.l., knit plain to the end of the needle.

2nd round.—Knit plain.

Repeat these two rounds until 32 stitches remain in the round.

Knit the stitches of the first needle on to the end of the third needle. Graft the toe stitches.

Work another Sock in the same manner. With a damp cloth and hot iron press carefully.

SOCKS (heavy weight), with French Heel and Flat Toe—See Fig. 3C, page 13.

Materials:—7 ozs. P.S.L. Double Knitting. Four No. 10 Knitting Needles, with points at both ends.

Tension:—7 stitches to the inch in width.

Abbreviations:—K. = Knit plain; P. = Purl; tog. = together; t.b.l. = through the back of the loops.

Recipe:—Cast on 60 stitches, 20 on each of three needles.

1st round.—* K. 1, P. 1, repeat from * to the end of the round.

Repeat this round for 5 inches. Work 7 inches in rounds of plain knitting. To commence the heel, K. 15, slip

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the last 15 stitches of the round on to the other end of the same needle (these 30 stitches are for the heel).

Divide the remaining stitches on to two needles and leave for the instep. Work 29 rows on the heel stitches in alternate rows of purl and plain (always slipping the first and knitting the last stitch in every row).

To turn the heel, K. 18, K. 2 tog., turn; P. 7, P. 2 tog., turn; K. 8, K. 2 tog., turn; P. 9, P. 2 tog., turn; K. 10, K. 2 tog., turn.

Continue in this manner until all the stitches are worked on to one needle, knit back 9 stitches (thus completing the heel). Slip all the instep stitches on to one needle.

Taking another needle, knit the remaining 9 stitches of the heel and knit up 16 stitches from the side of the heel; with a second needle knit plain across the instep stitches; taking a third needle knit up 16 stitches from the side of the heel and the remaining 9 heel stitches.

Decrease for the instep as follows:—**1st round.**—Knit plain.

2nd round.—Knit plain to the last 4 stitches, of the first needle, K. 2 tog., K. 2; on the second needle knit plain without shaping; on the third needle, K. 2, K. 2 tog.t.b.l., knit plain to the end of the needle. Repeat the 1st and 2nd rounds until 15 stitches remain on each of the first and third needles. Continue without shaping until the foot measures (from where the stitches were knitted up at the side of the heel):—

6 inches for a 10-inch foot.

6½ inches for a 10½-inch foot.

7 inches for an 11-inch foot.

Shape for the toe as follows:—

1st round.—On the first needle knit plain to the last 3 stitches, K. 2 tog., K. 1; on the second needle, K. 1, K. 2 tog.t.b.l., knit plain to the last 3 stitches, K. 2 tog., K. 1; on the third needle, K. 1, K. 2 tog.t.b.l., knit plain to the end of the needle.

2nd round.—Knit plain.

Repeat these two rounds until 24 stitches remain in the round.

Knit the stitches of the first needle

on to the end of the third needle. Graft the toe stitches. Work another Sock in same manner. With a damp cloth and hot iron press carefully.

SLEEVELESS PULL-OVER — See Fig. 4C, page 19.

Materials:—11 ozs. P.S.L. Double Knitting. Two No. 7 and two No. 9 Knitting Needles.

Actual Measurements:—Length from top of shoulder, 24 ins. Width all round at under-arm, 36 ins.

Tension:—5½ stitches to the inch in width, measured over the plain, smooth fabric.

Recipe:—**The Front.**—Using the No. 9 Needles, cast on 94 stitches.

1st row.—K. 2, * P. 1, K. 1, repeat from * to end of row. Repeat this row twenty-three times. Using the No. 7 Needles, proceed as follows:—

1st row.—Knit plain.

2nd row.—K. 1, purl to last stitch, K. 1. Repeat these two rows until work measures 15½ inches from the commencement, ending with the 2nd row. Proceed as follows:—

1st row.—K. 2, (P. 1, K. 1) five times, knit plain to the last 12 stitches, (K. 1, P. 1) five times, K. 2.

2nd row.—(K. 1, P. 1) six times, purl to last 12 stitches, (P. 1, K. 1) six times. Repeat 1st and 2nd rows twice.

7th row.—Cast off 6 stitches, K. 2, (P. 1, K. 1) twice, K. 29, (K. 1, P. 1) five times, increase once in next stitch, K. 30, (K. 1, P. 1) five times, K. 2.

8th row.—Cast off 6 stitches, (K. 1, P. 1) three times, P. 29, (P. 1, K. 1) six times, P. 30, (P. 1, K. 1) three times.

9th row.—K. 2, (P. 1, K. 1) twice, K. 2 tog., K. 27, (K. 1, P. 1) six times, K. 28, K. 2 tog., (K. 1, P. 1) twice, K. 2.

10th row.—(K. 1, P. 1) three times, P. 28, (P. 1, K. 1) six times, P. 29, (P. 1, K. 1) three times.

11th row.—K. 2, (P. 1, K. 1) twice, K. 2 tog., K. 26, (K. 1, P. 1) six times, K. 27, K. 2 tog., (K. 1, P. 1) twice, K. 2.

12th row.—(K. 1, P. 1) three times, P. 27, (P. 1, K. 1) six times, P. 28, (P. 1, K. 1) three times.

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13th row.—K. 2, (P. 1, K. 1) twice, K. 2 tog., K. 25, (K. 1, P. 1) twice, K. 2, turn. Work on these 38 stitches as follows:—

1st row.—(K. 1, P. 1) three times, purl to the last 6 stitches, (P. 1, K. 1) three times.

2nd row.—K. 2, (P. 1, K. 1) twice, K. 2 tog., K. 22, K. 2 tog., (K. 1, P. 1) twice, K. 2.

3rd row.—(K. 1, P. 1) three times, purl to the last 6 stitches, (P. 1, K. 1) three times.

4th row.—K. 2, (P. 1, K. 1) twice, K. 2 tog., knit plain to the last 6 stitches, (K. 1, P. 1) twice, K. 2. Repeat the 3rd and 4th rows twice, then the 3rd row once.

10th row.—K. 2, (P. 1, K. 1) twice, knit plain to the last 8 stitches, K. 2 tog., (K. 1, P. 1) twice, K. 2.

Keeping a border of 6 stitches in rib at each end of the needle, continue in plain, smooth fabric, decreasing once at the neck edge in every following 8th row until 28 stitches remain. Work 4 rows without shaping. Proceed as follows:—

1st row.—(K. 1, P. 1) three times, purl to the last 7 stitches, turn.

2nd and 4th rows.—Knit plain to the last 6 stitches, (K. 1, P. 1) twice, K. 2.

3rd row.—(K. 1, P. 1) three times, purl to the last 14 stitches, turn.

5th row.—(K. 1, P. 1) three times, turn.

6th row.—(K. 1, P. 1) twice, K. 2.

7th row.—(K. 1, P. 1) three times, purl to the last 6 stitches, (P. 1, K. 1) three times.

8th row.—Cast off 22 stitches, (K. 1, P. 1) twice, K. 2.

Work 2 inches in rib on the remaining 6 stitches. Cast off. Join in the wool at the neck edge and work on the remaining 40 stitches as follows:—

1st row.—K. 2 tog., (K. 1, P. 1) twice, knit plain to the last 8 stitches, K. 2 tog., (K. 1, P. 1) twice, K. 2.

2nd row.—(K. 1, P. 1) three times, purl to the last 6 stitches, (P. 1, K. 1) three times.

3rd row.—K. 2, (P. 1, K. 1) twice, K. 2 tog., K. 22, K. 2 tog., (K. 1, P. 1) twice, K. 2.

4th row.—(K. 1, P. 1) three times, purl to the last 6 stitches, (P. 1, K. 1) three times.

5th row.—K. 2, (P. 1, K. 1) twice, knit plain to the last 8 stitches, K. 2 tog., (K. 1, P. 1) twice, K. 2.

Repeat the 4th and 5th rows twice, then the 4th row once.

11th row.—K. 2, (P. 1, K. 1) twice, K. 2 tog., knit plain to the last 6 stitches, (K. 1, P. 1) twice, K. 2.

Keeping a border of 6 stitches in rib at each end of the needle, continue in plain, smooth fabric, decreasing once at the neck edge in every following 8th row until 28 stitches remain.

Work 3 rows without shaping. Shape for the shoulder as follows:—

1st row.—K. 2, (P. 1, K. 1) twice, knit plain to the last 7 stitches, turn.

2nd and 4th rows.—Purl to the last 6 stitches, (P. 1, K. 1) three times.

3rd row.—K. 2, (P. 1, K. 1) twice, knit plain to the last 14 stitches, turn.

5th row.—K. 2, (P. 1, K. 1) twice, turn.

6th row.—(P. 1, K. 1) three times.

7th row.—K. 2, (P. 1, K. 1) twice, knit plain to the last 6 stitches, (K. 1, P. 1) twice, K. 2.

8th row.—Cast off 22 stitches, (P. 1, K. 1) three times. Work 2 inches in rib on the remaining 6 stitches. Cast off.

The Back.—Using the No. 9 Needles, cast on 94 stitches.

Work exactly as given for the Front, until the cast-off stitches at the under-arm are reached. Proceed as follows:—

1st row.—Cast off 6 stitches, K. 2, (P. 1, K. 1) twice, knit plain to the last 12 stitches, (K. 1, P. 1) five times, K. 2.

2nd row.—Cast off 6 stitches, (K. 1, P. 1) three times, purl to the last 6 stitches, (P. 1, K. 1) three times.

3rd row.—K. 2, (P. 1, K. 1) twice, K. 2 tog., knit plain to the last 8 stitches, K. 2 tog., (K. 1, P. 1) twice, K. 2.

4th row.—(K. 1, P. 1) three times, purl to the last 6 stitches, (P. 1, K. 1) three times. Repeat the 3rd and 4th rows six times.

17th row.—K. 2, (P. 1, K. 1) twice, knit plain to the last 6 stitches, (K. 1, P. 1) twice, K. 2.

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18th row.—(K. 1, P. 1) three times, purl to the last 6 stitches, (P. 1, K. 1) three times. Repeat the 17th and 18th rows seventeen times.

Shape for the shoulders as follows:—

1st row.—K. 2, (P. 1, K. 1) twice, knit plain to the last 7 stitches, turn.

2nd row.—Purl to last 7 stitches, turn.

3rd row.—Knit plain to the last 14 stitches, turn.

4th row.—Purl to the last 14 stitches, turn.

5th row.—Knit plain to the last 22 stitches, turn.

6th row.—Purl to the last 22 stitches, turn.

7th row.—Knit plain to last 6 stitches, (K. 1, P. 1) twice, K. 2. Cast off.

To make up the Pull-over.—With a damp cloth and hot iron press carefully. Sew up the side and shoulder seams. Sew together the first two ridges of the neck opening.

Join together the bands from the fronts and sew to back of neck.

BALACLAVA HELMET (as for the Royal Navy), see Fig. 1A, page 3. Knitting Instructions, page 2.

DOUBLE SCARF (as for the Royal Navy) see Fig. 1D, page 3. Knitting Instructions, page 5.

GLOVES (as for the Royal Navy), see Fig. 1C, page 3. Knitting Instructions, page 4.

MITTENS (as for the Royal Navy), see Fig. 4D, page 19. Knitting Instructions, page 10.

WRISTLETS (as for the Royal Navy), see Fig. 2C, page 7. Knitting Instructions, page 6.

GARMENTS FOR THE ROYAL AIR FORCE

(See illustrations on pages 3, 7, 13 and 19).

HELMET WITH EAR-HOLES—See Fig. 4A, page 19.

Materials:—4 ozs. P.S.L. Double Knitting. Two No. 7 Knitting Needles.

Tension:—5 stitches to the inch, measured over the plain knitting.

Recipe:—Cast on 96 stitches.

1st row.—K. 2, * P. 1, K. 1, repeat from * to the end of the row.

Repeat this row twenty-five times.

Work 17 rows in plain knitting.

In the next row K. 38, cast off 20 stitches firmly, K. 38. Work 3 rows in plain knitting on first 38 stitches. In the next row K. 11, cast off 3 stitches, K. 24. Work on the last 24 stitches as follows:—

1st row.—K. 21, K. 2 tog., K. 1.

2nd row.—Knit plain. **3rd row.**—K. 20, K. 2 tog., K. 1. **4th row.**—Knit plain. Repeat 4th row ten times.

15th row.—K. 19, increase once in the next stitch, K. 2.

16th row.—Knit plain.

17th row.—K. 20, increase once in the next stitch, K. 2.

Break off the wool and leaving these stitches on the needle, join in the wool where the 11 stitches were left and work 17 rows in plain knitting.

In the next row K. 11, cast on 3 stitches and knit across the 24 stitches which were left. Work 3 rows in plain knitting on these 38 stitches. Break off the wool and leave these stitches on a spare needle.

Join in the wool where the remaining 38 stitches were left and work 3 rows in plain knitting. In the next row K. 24, cast off 3 stitches, K. 11.

Work 17 rows in plain knitting on the first 11 stitches. Break off wool and leaving these stitches on needle, join in wool where remaining 24 stitches were left. Proceed as follows:—

1st row.—K. 1, K. 2 tog., K. 21.

2nd row.—Knit plain.

3rd row.—K. 1, K. 2 tog., K. 20.

4th row.—Knit plain.

Repeat the 4th row ten times.

15th row.—K. 1, increase once in the next stitch, K. 20.

GARMENTS FOR H.M. FORCES



Fig. 4.—A, Helmet with Ear-Holes, p. 18; B, Scarf, p. 20; C, Sleeveless Pull-over, p. 16; D, Mittens, p. 10.

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16th row.—Knit plain.

17th row.—K. 1, increase once in the next stitch, K. 21.

18th row.—K. 24, cast on 3 stitches, K. 11. Work 3 rows in plain knitting on these 38 stitches.

In the next row K. 38, cast on 20 stitches and knit across the 38 stitches which were left on the spare needle. Work 16 rows in plain knitting on these 96 stitches.

Shape for the crown as follows:—

1st row.—* K. 14, K. 2 tog., repeat from * to the end of the row.

2nd & alternate rows.—Knit plain.

3rd row.—* K. 13, K. 2 tog., repeat from * to the end of the row.

5th row.—* K. 12, K. 2 tog., repeat from * to the end of the row.

Continue decreasing in this manner until 24 stitches remain.

Break off the wool, run the end through the remaining stitches, draw up and fasten off securely.

With a damp cloth and hot iron press carefully. Sew up the hack seam.

OVER-SOCKS, with French Heel and Flat Toe—See Fig. 2B, page 7.

Materials:—9 ozs. P.S.L. Double Knitting. Four No. 10 Knitting Needles, with points at both ends.

Tension:—7 stitches to the inch in width.

Abbreviations:—K. = Knit plain; P. = Purl; tog. = together; t.b.l. = through the back of the loops.

Recipe:—Cast on 70 stitches, 23 on each of the first and second needles and 24 on the third.

1st round.—* K. 1, P. 1, repeat from * to the end of the round. Repeat this round for 5 inches. Work 9 inches in rounds of plain knitting. To commence the heel, K. 17, slip the last 17 stitches of the round on to the other end of the same needle (these 34 stitches are for the heel).

Divide the remaining stitches on to two needles and leave for the instep. Work 27 rows on the heel stitches in alternate rows of purl and plain (always slipping the first and knitting the last stitch in every row).

To turn the heel, K. 20, K. 2 tog., turn; P. 7, P. 2 tog., turn; K. 8, K. 2 tog., turn; P. 9, P. 2 tog., turn; K. 10, K. 2 tog., turn. Continue in this manner until all the stitches are worked on to one needle, knit back 10 stitches (thus completing the heel). Slip all instep stitches on to one needle. Taking another needle, knit the remaining 10 stitches of the heel and knit up 16 stitches from the side of the heel; with a second needle, knit plain across the instep stitches; taking a third needle, knit up 16 stitches from the side of heel and remaining 10 heel stitches.

Decrease for the instep as follows:—

1st round.—Knit plain.

2nd round.—Knit plain to the last 4 stitches of the first needle, K. 2 tog., K. 2; on the second needle, knit plain without shaping; on the third needle, K. 2, K. 2 tog.t.b.l., knit plain to the end of the needle. Repeat the 1st and 2nd rounds until 17 stitches remain on each of the first and third needles.

Continue without shaping until foot measures (from where the stitches were knitted up at side of heel):—8 inches for a 12½-inch foot.

8½ inches for a 13-inch foot.

9 inches for a 13½-inch foot.

Shape for the toe as follows:—

1st round.—On the first needle, knit plain to the last 3 stitches, K. 2 tog., K. 1; on the second needle, K. 1, K. 2 tog.t.b.l., knit plain to the last 3 stitches, K. 2 tog., K. 1; on the third needle, K. 1, K. 2 tog.t.b.l., knit plain to the end of the needle.

2nd round.—Knit plain.

Repeat these two rounds until 34 stitches remain in the round. Knit the stitches of the first needle on to the end of the third needle and one stitch from the instep. Graft the toe stitches. Work another Sock in the same manner. With a damp cloth and hot iron press carefully.

SCARF—See Fig. 4B, page 19.

Materials:—11 ozs. P.S.L. Double Knitting. Two No. 7 Knitting Needles.
Actual Measurements:—Length, 56 ins. Width, 12 ins.

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Tension:—5 stitches to the inch in width.

Recipe:—Cast on 60 stitches.

1st row.—Knit plain. Repeat this row for 56 inches. Cast off. With a damp cloth and hot iron press carefully.

BALACLAVA HELMET (as for the Royal Navy), see Fig. 1A, page 3.

Knitting Instructions, page 2.

PULL-OVER, Polo Neck (as for the Royal Navy), see Fig. 2A, page 7. Knitting Instructions, page 5.

PULL-OVER, V Neck (as for the Royal Navy), see Fig. 3D, page 13. Knitting Instructions, page 8.

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(See illustrations on page 23).

BED SOCKS—See Fig. 5A, page 23.

Materials:—4 ozs. P.S.L. Double Knitting. Four No. 7 Knitting Needles, with points at both ends.

Tension:—5½ stitches to the inch in width.

Abbreviations:—K. = Knit plain; P. = Purl; tog. = together; t.b.l. = through the back of the loops.

Recipe:—Cast on 42 stitches, 14 on each of three needles.

Work 19 rounds in rib of (K. 1, P. 1).

20th round.—* (K. 1, P. 1) three times, increase once in the next stitch, (P. 1, K. 1) three times, increase once in the next stitch, repeat from * to the end of the round (there should now be 48 stitches on the needle). Work 5 inches in rounds of plain knitting. To commence the heel, K. 12, slip the last 12 stitches of the round on to the other end of the same needle (these 24 stitches are for the heel).

Slip the remaining stitches on to one needle for the instep.

Work 17 rows on the 24 heel stitches in alternate rows of purl and plain (always slipping the first and knitting the last stitch in every row).

Turn the heel as follows (slipping the first stitch in every row):—

1st row.—K. 12, K. 2 tog., K. 1, turn.

2nd row.—P. 2, P. 2 tog., P. 1, turn.

3rd row.—K. 3, K. 2 tog., K. 1, turn.

4th row.—P. 4, P. 2 tog., P. 1, turn.

5th row.—K. 5, K. 2 tog., K. 1, turn.

6th row.—P. 6, P. 2 tog., P. 1, turn.

7th row.—K. 7, K. 2 tog., K. 1, turn.

8th row.—P. 8, P. 2 tog., P. 1, turn.

9th row.—K. 9, K. 2 tog., K. 1, turn.

10th row.—P. 10, P. 2 tog., P. 1, turn.

11th row.—K. 11, K. 2 tog., turn.

12th row.—K. 1, P. 10, K. 2 tog., turn.

13th row.—K. 6 (thus completing the heel).

Taking another needle, knit the remaining heel stitches and knit up 11 stitches from the side of the heel; with a second needle knit plain across the stitches of the instep; with a third needle knit up 11 stitches from the other side of heel and remaining heel stitches. Proceed as follows:—

1st round.—Knit plain.

2nd round.—Knit plain to the last 3 stitches of the first needle, K. 2 tog., K. 1; on the second needle knit plain without shaping; on the third needle, K. 1, K. 2 tog. t.b.l., knit plain to the end of the needle. Repeat the 1st and 2nd rounds until 12 stitches remain on each of the first and third needles.

Continue without shaping until the work measures 6 inches from where the stitches were knitted up at the heel. Shape for the toe as follows:—

1st round.—Knit plain to the last 3 stitches of the first needle, K. 2 tog., K. 1; on the second needle, K. 1, K. 2 tog. t.b.l., knit plain to the last 3 stitches, K. 2 tog., K. 1; on the third needle, K. 1, K. 2 tog. t.b.l., knit plain to the end of the round.

2nd round.—Knit plain. Repeat these two rounds until 20 stitches remain. Knit the stitches of the first needle on to end of third needle and graft stitches together. Work another Sock in the same manner. With a damp

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cloth and hot iron press carefully.

HOT WATER BOTTLE COVER

—See Fig. 5B, page 23.

Materials:—4 ozs. P.S.L. Double Knitting. Two No. 7 Knitting Needles. Two Buttons.

Actual Measurements:—12×9 ins.

Tension:—5½ stitches to the inch in width, measured over the plain, smooth fabric.

Recipe:—Cast on 47 stitches.

****1st row.**—K. 1, * P. 1, K. 1, repeat from * to the end of the row. Repeat this row nineteen times.

21st row.—Knit plain.

22nd row.—K. 1, purl to the last stitch, K. 1. Repeat these two rows seven times **. Repeat from ** to ** once, then the 1st row twenty times. In the next row K. 1, (P. 1, K. 1) nine times, cast off 9 stitches, * K. 1, P. 1, repeat from * to the last stitch, K. 1. In the following row K. 1, (P. 1, K. 1) nine times, cast on 9 stitches, * K. 1, P. 1, repeat from * to the last stitch, K. 1. Repeat from ** to ** twice, then the 1st row twenty times. In the next row cast off 6 stitches, (K. 1, P. 1) seven times, K. 1, cast off 5 stitches, * K. 1, P. 1, repeat from * to the last stitch, K. 1.

In the following row cast off 6 stitches, (K. 1, P. 1) seven times, K. 1.

Work on these 15 stitches as follows:—**1st row.**—* K. 1, P. 1, repeat from * to the last stitch, K. 1.

Repeat this row seven times.

*****9th row.**—K. 1, K. 2 tog., (P. 1, K. 1) four times, P. 1, K. 2 tog., K. 1.

10th row.—K. 1, * K. 1, P. 1, repeat from * to the last 2 stitches, K. 2.

11th row.—K. 1, P. 2 tog., (K. 1, P. 1) three times, K. 1, P. 2 tog., K. 1.

12th row.—* K. 1, P. 1, repeat from * to the last stitch, K. 1.

13th row.—K. 1, K. 2 tog., P. 1, K. 1, wl. fwd., K. 2 tog., P. 1, K. 2 tog., K. 1.

14th row.—K. 1, * K. 1, P. 1, repeat from * to the last 2 stitches, K. 2.

15th row.—K. 1, P. 2 tog., K. 1, P. 1, K. 1, P. 2 tog., K. 1.

16th row.—* K. 1, P. 1, repeat from * to the last stitch, K. 1.

17th row.—K. 1, K. 2 tog., P. 1, K. 2 tog.,

K. 1. **18th row.**—K. 2, P. 1, K. 2. **19th row.**—K. 1, P. 3 tog., K. 1.

20th row.—K. 1, P. 1, K. 1 ***. Cast off. With wrong side of work facing, join in the wool and work on the remaining stitches as follows:—

1st row.—* K. 1, P. 1, repeat from * to the end of the row. Repeat this row six times.

Repeat from *** to *** once. Cast off. To make up the Hot Water Bottle Cover.

—With a damp cloth and hot iron press carefully. Sew up the side seams. Sew on buttons to correspond with button-holes.

HOSPITAL STOCKINGS, with and without feet—See Figs. 5C and 5E, page 23.

Materials:—12 ozs., with feet (10 ozs., without feet), P.S.L. Double Knitting. Two No. 7 Knitting Needles.

Tension:—6 stitches to the inch in width.

Recipe:—(Without feet) —Cast on 88 stitches.

1st row.—K. 3, * P. 2, K. 2, repeat from * to the last stitch, K. 1.

2nd row.—K. 1, P. 2, * K. 2, P. 2, repeat from * to the last stitch, K. 1.

Repeat the 1st and 2nd rows until the work measures 10 inches from the commencement, ending with the 2nd row. Proceed as follows:—

1st row.—K. 3, * P. 2 tog., K. 2, repeat from * to the last stitch, K. 1.

2nd row.—* K. 1, P. 2, repeat from * to the last stitch, K. 1.

3rd row.—K. 3, * P. 1, K. 2, repeat from * to the last stitch, K. 1.

Repeat the 2nd and 3rd rows until the work measures 20 inches from the commencement, ending with the 2nd row. Proceed as follows:—

1st row.—K. 1, K. 2 tog., * P. 1, K. 2 tog., repeat from * to last stitch, K. 1.

2nd row.—K. 1, * P. 1, K. 1, repeat from * to the end of the row.

3rd row.—K. 2, * P. 1, K. 1, repeat from * to the last stitch, K. 1.

Repeat the 2nd and 3rd rows until the work measures 28 inches from the commencement, ending with the 2nd row. Cast off loosely. Work another Stocking in same manner.

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Fig. 5.—A, Bed Socks, p. 21; B, Hot Water Bottle Cover, p. 22; C and E, Hospital Stockings, with and without feet, p. 22; D, Heel-less Bed Socks, p. 24.

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With a damp cloth and hot iron press carefully. Sew up the seams.

The Stockings (with feet).—Cast on 88 stitches.

Work exactly as given for the Stockings without feet, until the work measures 28 inches from the commencement, ending with the 3rd row. Proceed as follows:—

1st row.—Knit plain.

Repeat this row four times, decreasing one stitch at the end of the last row.

6th row.—K. 11, turn.

7th row.—K. 11.

8th row.—K. 10, turn.

9th row.—K. 10.

10th row.—K. 9, turn.

11th row.—K. 9.

12th row.—K. 8, turn.

13th row.—K. 8.

14th row.—K. 7, turn.

15th row.—K. 7.

16th row.—K. 6, turn.

17th row.—K. 6.

18th row.—K. 5, turn.

19th row.—K. 5.

20th row.—K. 4, turn.

21st row.—K. 4.

22nd row.—K. 3, turn.

23rd row.—K. 3.

24th row.—K. 3, lift up the right-hand side of the loop just before the 4th stitch and knit the two together (thereby preventing a hole), turn.

25th row.—K. 4.

26th row.—K. 4, lift up the right-hand side of the loop just before 5th stitch and knit the two together, turn. Continue in this manner, knitting one stitch more in every alternate row until 11 stitches are worked on to needle, turn. In the next row K. 11 (thus completing the first half of the heel). In the following row K. 11, lift up the right-hand side of the loop just before the 12th stitch and knit the two together, K. 32.

Repeat from the 6th to the 26th row as given for the first half of the heel. Continue working to match the first half of the heel until 11 stitches are worked on to the needle, turn.

The garments in this booklet can be made of any good double knitting, or thick 4-ply fingering, where that wool is recommended.

In the next row K. 11 (thus completing the second half of the heel). In the following row K. 11, lift up the right-hand side of the loop just before the 12th stitch and knit the two together, K. 32. Work 6 inches in plain knitting, ending with the wrong side of the work facing.

Shape for the toe as follows:—

1st row.—(K. 8, K. 2 tog., K. 2, K. 2 tog., K. 8) twice.

2nd & alternate rows.—Knit plain.

3rd row.—(K. 7, K. 2 tog., K. 2, K. 2 tog., K. 7) twice.

5th row.—(K. 6, K. 2 tog., K. 2, K. 2 tog., K. 6) twice.

7th row.—(K. 5, K. 2 tog., K. 2, K. 2 tog., K. 5) twice.

9th row.—(K. 4, K. 2 tog., K. 2, K. 2 tog., K. 4) twice.

11th row.—(K. 3, K. 2 tog., K. 2, K. 2 tog., K. 3) twice. Cast off.

Work another Stocking in the same manner. With a damp cloth and hot iron press carefully.

Sew up the leg and foot seams. Placing the seam to the centre of the cast-off stitches, sew up the toe seam.

HEEL-LESS BED SOCKS.—See Fig. 5D, page 23.

Materials:—5 ozs. P.S.L. Double Knitting. Two No. 7 Knitting Needles. **Tension:**—5 stitches to the inch in width, measured over the plain knitting.

Recipe:—Cast on 90 stitches.

****1st and 2nd rows.**—Knit plain.

3rd row.—K. 1, P. 29, K. 60.

4th row.—Knit plain.

5th row.—Like the 3rd row.

6th and 7th rows.—Knit plain.

8th row.—K. 60, P. 29, K. 1.

9th row.—Knit plain.

10th row.—Like the 8th row **.

Repeat from ** to ** six times. Cast off loosely.

Work another Sock in same manner. With a damp cloth and hot iron press lightly. Fold the Sock in half. Sew together the plain knitted end and cast-on edge to cast-off edge.

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